



Go online at:

www.murfreesborotn.gov/parks

Table of Contents

<i>MPRD Policies</i>	4	<i>Pool Schedules</i>	16-17
<i>Age Index of Activities</i>	5	<i>Aquatic Programs</i>	18-19
<i>Recreation Facilities & Rentals</i>	6-7	<i>Athletic Programs</i>	20-21
<i>Shelters</i>	8	<i>General / Senior Programs</i>	22-27
<i>Site Amenities</i>	9	<i>Outdoor Programs</i>	28-32
<i>Special Events</i>	10-13	<i>Cultural Programs</i>	33
<i>Summer Camps</i>	14-15	<i>Wellness Schedules & Programs</i>	34-39



Top Row, Left to Right: Shane Phillips, Steve Toombs, Mike Philpott, Tommy Gregory, Thomas Laird, Jason Lowe. Middle Row, Left to Right: Shane Whitworth, Gary Arbit, Terry Womack, Gernell Floyd, Angela Jackson, Bart Fite, Nate Williams, Terry York. Bottom Row, Left to Right: Shelia Hodges, Cindy Nance, Deborah Paschall, Rachel Singer, Lanny Goodwin, Marlane Sewell, Steve Wallace, Joe Maloney. Not Pictured: Niki Witten, Dennis Nipper, CC Carr, Tom Sage, Russell Smith, Beth McDaniel, Becki Johnson, Chad Hill, Trina Pullum, and Allison Davidson

Murfreesboro Parks and Recreation Department

Administration: 890-5333

Lanny Goodwin, CPRP, Director - lgoodwin@murfreesborotn.gov

Aquatics: 895-5040 or 893-7439

Nate Williams - nwilliams@murfreesborotn.gov

Niki Witten - nwitten@murfreesborotn.gov

Citywide Athletics:

Thomas Laird, 867-4913 - tlaird@murfreesborotn.gov

Dennis Nipper, 890-5333 - dnipper@murfreesborotn.gov

Cannonsburgh Village:

Shelia Hodges, 890-0355 - shodges@murfreesborotn.gov

Cultural Arts:

Terry Womack, 893-7439 - twomack@murfreesborotn.gov

General / Senior Programs / Special Events:

Marlane Sewell, CPRP, 893-2141 - msewell@murfreesborotn.gov

Greenway & Wetlands:

Angela Jackson, 893-2141 - ajackson@murfreesborotn.gov

Wilderness Station:

Rachel Singer, 217-3017 - rsinger@murfreesborotn.gov

Outdoor Programs:

Deborah Paschall, 893-2141 - dpaschall@murfreesborotn.gov

McFadden Community Center:

C.C. Carr, 893-1802 - ccarr@murfreesborotn.gov

Patterson Park Community Center: 893-7439

Tom Sage, Superintendent - tsage@murfreesborotn.gov

Russell Smith, Operations - rsmith@murfreesborotn.gov

Gernell Floyd, Operations - gfloyd@murfreesborotn.gov

Beth McDaniel, Programs - bmcdaniel@murfreesborotn.gov

Chad Hill, Fit/Well - chill@murfreesborotn.gov

Michael Philpott, Athletics - mphilpott@murfreesborotn.gov

Trina Pullum, CPRP, Programs - tpullum@murfreesborotn.gov

Sports*Com: 895-5040

Bart Fite, Superintendent - bfite@murfreesborotn.gov

Tommy Gregory, Operations - tgregory@murfreesborotn.gov

Gary Arbit, Athletics - garbit@murfreesborotn.gov

Allison Davidson, Fit/Well - adavidson@murfreesborotn.gov

Marketing and Special Events

Becki Johnson, 893-2141 - bjohnson@murfreesborotn.gov

Photography & Design

Meghan Snyder

Join our Email Event List!

Sign up at:

www.murfreesborotn.gov/parks





MPRD Information

City of Murfreesboro Access Statement

The City of Murfreesboro does not exclude anyone from participation nor deny the benefits of or otherwise subject to discrimination on the basis of race, national origin, color, age, or disability. Any complaint alleging discrimination may be filed with the Mayor of the City of Murfreesboro.

It is the goal of Murfreesboro Parks and Recreation Department to make its programs and facilities available to the public. If you or someone you know has a disabling condition and would like more information about accessibility of programs or facilities, call the main office of the Murfreesboro Parks and Recreation Department at 890-5333 or TDD 849-2689.

Any city resident needing financial assistance to participate in any activity may contact the main office of the Murfreesboro Parks and Recreation Department, located at 697 Barfield Crescent Rd., to receive a copy of its financial assistance policy.



Parks and Recreation Commission

The purpose of the commission is to provide leisure recreation opportunities and facilities for all residents of Murfreesboro. The commission shall have jurisdiction over all the recreation programs, park areas, and buildings set aside for recreation in the City of Murfreesboro.

Commission Members: Mr. D. Edwin Jernigan, Chair, Mr. Chris Bratcher, City Council, Mr. Tim Roediger, Ms. Elsie Easter, Mr. Harold Yokley, Mr. Eddie Miller, Vice Chair, Mr. Tim Tipps, Dr. Linda Gilbert, Mr. Shane McFarland, City Council, and Mr. Bill Allen (ex officio).

MPRD Mission Statement:

To plan, organize, implement and promote a comprehensive delivery system of programs, facilities, and areas which enhance the community's quality of life.

Refund Policy

- A full refund will be given when a patron cancels more than one week prior to the activity, event, facility rental, program, other rentals and/or services.
- A \$5.00 administrative fee or 5% charge of the total fee paid, whichever is greater, will be assessed to the patron when canceling or dropping out of the activity, event, facility rental, program, other rentals and/or services one week or less prior to the activity, event, etc.
- A prorated fee will be assessed to the patron once the program, class or activity has begun and patron cancels or drops out of said program, class or activity.

Job Opportunities with Murfreesboro Parks & Recreation

Interested in working with us? Please visit our city website: www.murfreesborotn.gov and click on the "Job Listings" section for the latest information about full-time and part-time positions available with Murfreesboro Parks and Recreation.

Cable TV - Channel 3

Please watch the Parks and Recreation Commission meetings each month, usually the 1st Wednesday of every month, for the latest news and developments of Parks and Recreation. We are often featured on the monthly video: MPRD Update, the segment, In the City, as well as on the daily bulletin.



Mistakes Happen...

Occasionally there may be an error in days, times, registration requirements, or fees in this brochure. When such errors do occur, the staff will do everything possible to correct the situation promptly. Check our website, www.murfreesborotn.gov/parks for the latest updates and changes.

Photos

The Murfreesboro Parks and Recreation staff takes photos and videos at our programs, events or on park property. These photos or videos may be used in our brochures, advertising, or other publications. If you do not wish to be in a video or have your photo taken, please tell our photographers.

MPRD Website: www.murfreesborotn.gov/parks

All Ages

Animal Encounters, 29
 Antique Automobile Club, 24
 Arts in the Park, 34
 Anthro "Pod" Squad (Bug Club), 32
 Butterfly Fest, 32
 Butterfly, 32
 Bicycle Tours of the Stones River National Battlefield, 29
 Boat Day with SWRA, 11 & 28
 Celebration Under the Stras, 12
 Creatures of the Night- Sunset Hikes, 29
 Detroit Hustle Dance, 34
 Early Bird Swim, 19
 Evening H2O Class, 19
 GLOBE: Water Monitoring, 30
 Greenway Art Festival, 13 & 28
 International Folk Fest & Car Show, 11 & 24
 July 4th- Rock the Pool, 12
 Martial Arts, 34
 Morning Water Aerobics, 19
 Movies Under the Stars, 10
 Murfreesboro Art League, 24
 National Night Out!, 13
 Patterson Group Exercise, 36
 Sunday Series of Fun!, 23
 Third Friday Outdoor Concert, 24
 Uncle Dave Macon Days, 11 & 24
 Under the Stars- Slideshow Presentation, 30

Toddler/Preschool

A,B,C,1,2,3...Let's Go, 22
 Book Worms, 22
 Busy Bees, 22
 Growing Up Wild, 31
 The Small Fry Tri, 10 & 28
 Splash Out!, 10
 Swim Preschool, 18
 Toddler Time with Thomas, 23
 Tumbleweeds, 22
 Wild Things, 30

Youth/Teen

Boro Kids Triathlon, 13
 Homeschool P.E., 21
 Homeschool: Outdoor, 31
 Murfreesboro Youth Cheerleading, 20
 Murfreesboro Youth Football League, 20
 Outdoor Education Programs, 31
 Summer Camps, 14-15
 Summer Kayak Club, 14 & 31
 Sunshine Players, 34

Swim Academy, 18
 Table Talk, 23
 Tai Chi, 34
 Wandering Waters, 31
 Water Polo, 18
 Youth Basketball, 20

Adult

Adult Coed Softball, 21
 Cruise the Weight Room, 35
 Half Marathon, 13
 Half Marathon Training, 35
 Kayaking, 19
 Swim Academy, 18
 Tai Chi, 34
 Water Polo, 18

Baby Boomer/Senior

Beaded Wire Star Sculpture, 26
 Beads, Buddies, & Loomy Birds, 25
 Bridge Tournament, 27
 Canasta Tournament, 27
 Community Bingo, 25
 Cookout and Card Party, 26
 Easy Magic Batik, 25
 Gallery Glass, 27
 Luau, 26
 Magic Day, 25
 MGL & PPC Sr. Fellowship, 25
 St. Clair Classics August Dance, 27
 St. Clair Classics June "Beach Party" Dance, 26





Recreation Centers

Patterson Community Center

Reservations & Information: 893-7439

Located at Patterson Park (521 Mercury Blvd.) in the central area of Murfreesboro. Some of the amenities are: two gymnasiums, theatre, indoor water park, game room, conference center, 1/8 mile track, wellness center, aerobics studio, dining room and library. Meeting rooms are available seven days a week, and the pool on weekends for rentals only.

Hours: M-F 6a.m.-9p.m. / Sat. 8a.m. - 5p.m. / Sun. 1-5p.m.

Sports*Com

Reservations & Information: 895-5040

Sports*Com is located at McKnight Park (2310 Memorial Blvd.) in the northern area of Murfreesboro. Amenities include a gymnasium, 1/16 mile track, aerobics area, fitness equipment, game room, meeting room, 25-yard indoor pool, 50-meter outdoor pool, and 4 sand volleyball courts. The pools are available for rental on weekends, and the meeting rooms are available seven days a week.

Hours: M-F 6a.m.-9p.m. / Sat. 8a.m. - 5p.m. / Sun. 1-5p.m.

Recreation Centers :Holiday Hours

Sunday, July 4th, 2010

Independence Day - Closed

**(excludes Sport*Com,
outdoor pool will be open)**

Admissions & Passes

	Daily	30 Visits	Monthly	Yearly	Family*
Premium	\$4.00 / \$3.00	\$60.00 / \$45.00	\$35.00 / \$25.00	\$315.00 / \$225.00	Yearly \$450.00
General	\$3.00 / \$2.00	\$45.00 / \$30.00	\$25.00 / \$15.00	\$225.00 / \$135.00	90-Day \$150.00

First fee listed is Adults and second fee listed is Youth & Seniors. One child under age 4 is free with a paid adult. Does not apply to city-sponsored wellness or fee-based classes. Ages for rates: Youth (4-17), Adult (18-59) & Senior (60+).

Premium Pass:

Includes admission to both PPCC and Sports*Com, pool, all areas of the center, including racquetball courts, and city-sponsored wellness classes. Does not include fee-based classes.

General Pass:

Includes admission to both PPCC and Sports*Com, pool and all areas of center. Does not include city-sponsored wellness classes, fee-based classes or racquetball courts.

***Family Pass:**

The 90-day family pass includes general admission privileges, and the yearly family pass includes premium pass privileges & Tot Watch. Family is defined as married husband and wife, or parent with dependent children 17 years or younger (22 years or younger if full-time student).

Monthly = Unlimited daily visits for 30 days from date of issue. / **30 Visits** = 30 daily visits over a one-year period from date of issue.

Yearly = Twelve months from date of issue.

Tot Watch

Available at Sports*Com & Patterson Community Center for ages 6 months - 7 years.

Cost: Premium Yearly / Monthly Pass Holders: \$1.00/child
General Pass Holders, Premium 30-visit pass holders or daily admission: \$3.00/child

Note: Tot Watch is included in the Family Yearly Premium Pass only.



Wilderness Station

Reservations: 217-3017

Located in the Barfield Crescent Park (697 Barfield Crescent Road), the Wilderness Station is the city's unique outdoor awareness and adventure facility. It is nestled along the edge of the woods, just a short drive past the disc golf area. Adventurous families, scouts and youth groups can camp in the primitive Backcountry Campground. Some of the amenities are: two educational classrooms, outdoor camping supplies and campsites. The retreat room is available for rental. Evening rentals and programs based on staff availability.

Hours: Monday - Saturday - 8:00a.m.-8:00p.m.
Sundays- 12-8 p.m.
Call us for holiday rentals and after hours details!

Cannonsburgh Village

Reservations & Information: 890-0355

The original name of Murfreesboro, Cannonsburgh welcomes visitors to a southern-style village, circa 1800-1925. Located at 312 S. Front Street in Murfreesboro, TN. Cannonsburgh is ADA accessible. Displays include early American trades, museums, period homes, a large collection of tractors and farm implements, visitor center and period gifts. The Williamson Chapel, Leeman House and Gazebo are available for weddings and receptions on weekdays and weekends. Cannonsburgh is also available for company picnics, social gatherings or themed events. Call Tuesday through Friday, 10 a.m. – 4 p.m., for rental fee and day/time availability at 615-890-0355.

Summer Office Hours: June - August 2010 – Visitor Center open:
Sunday, 1:00 - 5:00 p.m.
Tuesday through Friday, 10 a.m. – 5 p.m.
Closed Monday.

McFadden Community Center

Reservations: 890-5333

The McFadden Community Center is on 3 acres located at 211 Bridge Avenue. The McFadden Community Center includes a gymnasium, outdoor playground, community room, game room, arts and crafts room and is the home of the City's Community Development Office, Bradley Nursery School and Rutherford County Food Bank. The gymnasium and game room are available for rental only on Saturdays and Sundays.

Hours: Monday-Friday 3-8p.m.



Visit

www.murfreesborotn.gov/parks for more information!



Parks & Shelters

Siegel Park

Reservations: 890-5333

The community park area at Siegel is located at 515 Cherry Lane. There are 3 picnic shelters. The 2 small shelters are first-come, first-serve. The large shelter is available for rental seven days a week, April-October. Restrooms are open year-round.

Shelter No. B	Seats Approx. 30
Shelter No. C	Seats Approx. 30
Shelter No. A	Seats Approx. 75

Barfield Crescent Park

Reservations: 890-5333

Barfield Crescent Park is a 430-acre +/- community park located at 697 Barfield Crescent Road in the southern area of Murfreesboro. Some of the amenities are: 2 playgrounds, walking/jogging trails, a frisbee (disc) golf course, volleyball net, horseshoes, and tetherball. Restrooms are located between #5 and #7. Pavilions 1,2,5,6,7 and 8 are available for rental seven days a week, April-October, with pavilions 3,4,9 and 10 available first-come, first-serve.

Shelters No. 1,5,6,8	Seat Approx. 100 each
Shelter No. 2	Seats Approx. 75
Shelter No. 7	Seats Approx. 312
Shelters No. 3, 4,9,10	Seat Approx. 24 each

New! Gateway Island & Trail

Reservations: 890-5333

This latest addition to the Murfreesboro Greenway System showcases a state-of-the-art reception center, gazebo, cascading waterfalls, fountains and lake overlook. Adjacent to a lighted greenway section, the island is located conveniently to the Gateway local businesses. Reception Center includes a catering kitchen, multipurpose room (15-20 capacity) and restrooms that are accessible to the public during park hours. Half Day & Full Day rentals are available.

General Bragg Trailhead

Reservations: 890-5333

The General Bragg Trailhead is located at 1450 W. College Street. Some of the amenities are: a trailhead for the Stones River Greenway, picnic shelter, playground and a dog park. Restroom is attached to the shelter.

1 Picnic Shelter	Seats Approx. 45
------------------	------------------

McKnight Park

Reservations: 890-5333

McKnight Park is an 81-acre community park located at 120 DeJarnette Lane in the northern area of Murfreesboro.

1 Picnic Shelter	Seats Approx. 80
------------------	------------------

Patterson Park

Reservations: 893-7439

Patterson Park consists of 10 acres and a 110,000 square foot facility located at 521 Mercury Blvd. The small shelter is first-come, first-serve. The large shelter is available for rental; please call 893-7439.

Large Shelter	Seats Approx. 100
Small Shelter	Seats Approx. 50

Rogers Park

Reservations: 890-5333

Rogers Park is a 7.5-acre park located at the end of Hunt St. (1115 Hunt St.). The facility includes: a picnic shelter with restrooms and picnic tables, an octagon-shaped picnic shelter with tables, two tennis courts, two basketball courts, a walking/jogging track, a playground and an open play field. Both shelters are available daily for rentals, April-October. Restrooms closed November-March.

Shelter No. 1	Seats Approx. 80
Shelter No. 2	Seats Approx. 45

Old Fort Park

Reservations: 890-5333

Old Fort Park is a 50-acre community park located at 1024 Golf Lane. Facilities include 3 picnic shelters (2 with restrooms), Kids' Castle Playground, 24 tennis courts, greenway access and open play space. Restrooms are located at shelter #3. Shelters are available daily for rental. Picnic tables without shelters located throughout the park are first-come, first-serve.

Shelters No. 1, 2	Seat Approx. 80 each
Shelter No. 3	Seats Approx. 120

*New tennis courts at Old Fort Park
are now open for play! Call 890-5333 to reserve.*



[illegible]



Special Events

Movies Under the Stars!

Attention, family and friends! Movies Under the Stars returns this summer with a lineup of family-orientated flicks. Bring your blankets, lawn chairs, or truck bed. Movie lists are available on site, and at all MPRD facilities. Refreshments are available for purchase. You may also contact our main office for the list of movies.

Age(s): All
 Date: Monday, June 7, 2010, thru Saturday, July 31, 2010
 Location: Mondays: Old Fort Park; outside pavilion # 3
 Tuesdays: Cannonsburgh Village, in front of the Welcome Center
 Thursdays: Siegel Neighborhood Park
 Fridays: Mitchell Neilson Primary
 Saturdays: Hobgood Elementary School
 Time: 8:30 pm until conclusion of movie
 Fee: Free
 Contact: MPRD main office for a schedule, 890-5333, or fburney@murfreesborotn.gov
 For other information, call Marlane Sewell, 893-2141, or msewell@murfreesborotn.gov

*Admission is free, so bring your whole family. You have 5 times each week to catch the movie, or come more than once! Concessions will be available to purchase, but remember your lawn chairs and blankets!



Splash Out!

"Splish, splash!" It's water day with Parks and Recreation and the Murfreesboro Fire Department. Wear clothes and shoes to get wet in, and don't forget your sunscreen and towel. We're playing in the water. Free. Parents, plan to stay with your children and enjoy the water too!

Ages: Children 0 to 12 years with a parent/ grandparent
 Dates: June 10, 2010, at Siegel Neighborhood Park

June 24, 2010, at Barfield Crescent Park
 July 15, 2010, at Old Fort Park;
 Pavilion # 1
 Thursdays

Time: 1:30 - 3:00 pm

Contact: Marlane Sewell
 893-2141

msewell@murfreesborotn.gov



The Small Fry Tri – A Triathlon for Preschoolers

Murfreesboro's Smallest Triathlon! Kids will run, bike, and swim (really run through sprinklers) to the finish line, where everyone receives a trophy. Parents, older siblings, or personal trainers may help. Bring a bicycle or tricycle and a helmet.

Preregistration is highly recommended. Preregister at the Wilderness Station between Tuesday, June 1st, and Friday, June 11th. Purchase your event packet with everything you need for the day!

Ages: 2-6

Date: Saturday, June 12

Time: 10:00 a.m. – 11:00 a.m.

(Races will be held about every 10 minutes.)

Come early if you register the day of the event.

Location: Old Fort Park Trailhead

Fee: \$6.00 (includes trophy)

Contact: Angela Jackson, 893-2141, or ajackson@murfreesborotn.gov



International Folk Fest & Car Show

Come enjoy performances from around the world. The day's events begin at 10 a.m. Music will start at 10:30 and a different foreign group, as well as the Cripple Creek Cloggers, will perform, in turn, every hour on the hour, with the last show beginning at 4 p.m. Shop from over 40 crafters and food vendors.

Ages: All Ages
 Date: Saturday, June 19
 Time: 10 a.m. - 5 p.m.
 Location: Cannonsburgh Village
 Fee: Free Admission
 Contact: Cannonsburgh Village, 615-890-0355, or Shelia Hodges
 shodges@murfreesborotn.gov

Uncle Dave Macon Days

Come and celebrate the 33rd Annual Old-time Music and Dance Festival in a historic pioneer village. Bring your lawn chair and enjoy old-time music, singing, dance, crafts and concessions.

Ages: All ages
 Date: July 9-11, 2010
 Day: Friday, Saturday, and Sunday
 Time: 5:00 p.m. - 11:00 p.m. Friday
 9:00 a.m. - 11:00 p.m. Saturday
 12:00 p.m. - 4:00 p.m. Sunday
 Location: Cannonsburgh Village
 Fee: \$5.00
 Contact: Gloria Christy, 615-893-2369, or
 www.uncledavemacondays.com



Boat Day with SRWA

Volunteers from Stones River Watershed Association will bring several types of canoes and kayaks for you to try! You will discover characteristics and advantages of each craft, boating basics, correct paddling strokes, and boat safety from knowledgeable volunteers. PFDs and paddles will be provided.

Age: All
 Date: Saturday, June 26th, 2010
 Time: 9 a.m. - 12 noon
 Location: Manson Pike Trailhead, 1208 Searcy Street (off Medical Center Parkway)
 Fee: Free
 Contact: Angela Jackson, 893-2141 or ajackson@murfreesborotn.gov





Fourth Of July Events!

July 4th Celebration “Rock the Pool Party”

There is no better way to celebrate 4th of July than to listen to music, play games and relax by the pool. Join us at the Sports*Com outdoor pool to celebrate Independence Day! We will have music, games, prizes and free water exercise demonstrations.

Ages: All Ages
Date: July 4, 2010
Day: Sunday
Time: 1:00 p.m. – 5:45 p.m.
Location: Sports*Com Outdoor Pool
Fee: Sports*Com Water Park Admission
Contact: Nate Williams – 615-895-5040
nwilliams@murfreesboro.gov

“Celebration Under the Stars”

Bring your families and friends, your lawn chairs or blankets, and join us for this community annual event. There will be activities for the kids, music, fireworks, and refreshments for purchase.

Please leave your pets, grills, alcohol, and fireworks, including sparklers, at home.

Ages: All ages
Date: July 4th, 2010
Day: Sunday
Time: 5:00 pm until after fireworks' display (@ 9:30 pm)
Location: McKnight Park
Contact: MPRD, 890-5333, or Marlane Sewell, 893-2141,
msewell@murfreesboro.gov

Program Schedule 2010 “Celebration Under the Stars”

1:00-5:45 p.m.	“Rock the Pool” at Sports*Com
5:00-8:00 p.m.	Family Games and Activities
7:30-7:45 p.m.	Welcome and Introductions
7:45-8:00 p.m.	Sound Check
8:00-9:00 p.m.	The colors will be presented @ 8:00, followed by the singing of the National Anthem (accompaniment by the Murfreesboro Symphony Orchestra).
9:00-9:15 p.m.	Fireworks



Sponsored by:

Murfreesboro Parks & Recreation Department, City of Murfreesboro, Daily News Journal,
Murfreesboro Symphony Orchestra, Rutherford County Chamber of Commerce

National Night Out

Join us at Barfield Crescent Park, Sports*Com, or Patterson Park for a great night of family fun. National Night Out is a nationwide event in which communities are taking a stand against crime. We will enjoy family activities, food, music and fun.

Ages: All ages
 Day: Tuesday
 Date: August 3
 Time: 5:00 p.m.
 Location: Barfield Crescent Park
 Sports*Com
 Patterson Park
 Fee: Free
 Contact: Thomas Laird at 867-4913, tlaird@murfreesborotn.gov (Barfield)
 Trina Pullum or Mike Philpott at 893-7439 (Patterson)
 Bart Fite at 895-5040 (Sports*Com)



The "Boro Kids Triathlon"

The 2nd Annual Try Boro Kids Triathlon will be held on August 28, 2010, at the Sports*Com in Murfreesboro, TN. The event will offer a Junior Division (7 to 10 years old as of 12/31/2010) and a Senior Division (11 - 14 years old as of 12/31/2010). The junior course distances will be a 100-yard swim, 2.4-mile bike ride, and a 0.5-mile run. The senior course will be a 200-yard swim, 4.8-mile bike ride, and a 1-mile run. The bike and run routes for each division will be on the Sports*Com premises, which will be free of vehicle traffic. All participants will be professionally timed and receive a medal and tech t-shirt. In our first year we sold out with over 175 participants. For more information and to register online, please visit www.tryborokidstri.org.

Ages: 7-14 years
 Day: Saturday
 Date: August 28, 2010
 Time: 7:15 a.m. - 10:00 a.m.
 Location: McKnight Park
 Fee: \$20 (Before 8/1/10) & \$25 (After 8/1/10)
 Contact: info@tryborokidstri.org

Call for Artists!

Greenway Art Festival

"A gathering of the finest artisans in Middle Tennessee"

Each year the Greenway Art Festival expands to include new and unique talent!

Artists will display and sell their work: oils, acrylics, watercolors, pottery, sculpture, glass and more. Trailside music, food vendors and activities for children will make this an artistic outing for the whole family.

If you are interested in participating in this event as an artist, please contact us for an application. This is a juried festival. Applications may be submitted until August 14, 2010; late applications may be accepted through September 3, 2010, with a \$5 late fee.

Date: Saturday, September 18, 2010
 Time: 10:00 am - 4:00 pm
 Location: Old Fort Park
 Fee: \$25 booth space for artists
 Free attendance for public
 Contact: Angela Jackson at (615) 893-2141, or ajackson@murfreesborotn.gov



Murfreesboro Half Marathon

The fourth annual Murfreesboro Half Marathon ("The Middle Half") and Kids Fun Run presented by Middle Tennessee Medical Center will be held Saturday, October 16, 2010.

The 13.1-mile race is scheduled to start at 7:00 a.m. with a wheelchair start at 6:55 a.m. Because the course runs by the geographic center of Tennessee, begins and ends at Middle Tennessee State University and is presented by Middle Tennessee Medical Center, it has been tagged "The Middle Half."

Registration for The Middle Half begins May 1, 2010, at 7:00 a.m. Both online and mail-in forms will be available. The registration fees per athlete are: May 1 - May 31: \$50; June 1 - July 31: \$55; beginning August 1, the fees increase to \$65.

Children ages six to thirteen will have an opportunity to participate in the Kids Fun Run which will begin immediately after the half marathon start.

The course goes down scenic tree-lined Main Street and Maney Avenue to Oaklands Historic House Museum. Runners will circle the Rutherford County Courthouse on the Square, pass by MTSU's Fraternity Row and the obelisk on Old Lascassas, and then finish on the MTSU track.

For more information, visit www.TheMiddleHalf.com.



Summer Camps

MPRD Summer Sports Camp

Do your kids want to have fun and play sports this summer? Then send them to the MPRD Summer Sports Camp at Sports*Com. Your child will participate in different sports each day such as basketball, dodgeball, flag football, rag ball and swimming just to name a few. All sports will be organized and supervised by our trained athletic staff.

Location: Sports*Com

Dates: June 7-11, 14-18, 21-25, June 28-July 2, July 5-9 and July 12-16 2010

Times: 8:00 a.m. - 12:00 Noon

Ages: Boys and Girls 8-14

Fee: \$40.00 + \$10.00 program fee per participant per week.

Contact: Gary Arbit, 895-5040, or Thomas Laird, 867-4913



Heritage Camp (Week One)

Campers will put themselves in the place of the early settlers of Tennessee, experiencing some of their crafts, chores, hearthstone cooking, and daily lives.

Ages: 8-10

Date: June 14-18

Time: 9 a.m. to 1 p.m.

Location: Cannonsburgh Village, 312 S. Front St

Fee: \$40.00 + \$10.00 program fee

Contact: Cannonsburgh, 890-0355, or shodges@murfreesborotn.gov

Nature Camp

Catch a crawdad. Hike a trail. Watch a heron. Wander along a creek bank. Fly a kite. Touch a snake. Examine an insect. Investigate an animal track. Explore the woods. Plant a native flower. Make a new friend. Play a new game. Create a camp craft. Experience nature.

Ages: 6 - 8 yrs

Dates & Locations:

June 14 - 18 at Cason Trailhead and

July 5-9 at General Bragg Trailhead (West College Street)

Time: 9:00 a.m. - 12:00 p.m.

Fee: \$40.00 + \$10.00 program fee

Contact: Angela Jackson at 893-2141 or ajackson@murfreesborotn.gov

Theatre Camp Film Making

If you are interested in making movies, short films, and videos this is the camp for you! We will have several guests throughout the camp who have careers in the film business. They will work with us to teach you about writing, directing, tech support, production, filming, and editing. Participants will be divided into two different groups and will learn the different positions in making a film; director, camera operator, grip, prop master, script supervisor, and sound tech. We will have a show for friends and family on the final day of camp.

Ages: 10-17

Date: July 5 - 16, 2010

Day: Monday - Friday

Time: 9:00 a.m. - 2:00 p.m.

Fee: \$150.00 (\$110.00 for Sunshine Players)

Contact: Terry Ann Womack - 615-893-7439

twomack@murfreesborotn.gov

Guard Start Camp

Are you tired of the same old summer camps? Do something unique and learn how to save lives! Become an American Red Cross Jr. Lifeguard! At this camp, you will learn First-Aid, CPR, water rescues, & you will be able to tell your friends that you're a certified Jr. Lifeguard.

Ages: 11 - 14 years

Dates: Camp #1: June 21- 25, 2010 & Camp #2: July 12 - 16, 2010

Time: 9:00 a.m. - 12:00 p.m.

Location: Sports*Com Outdoor

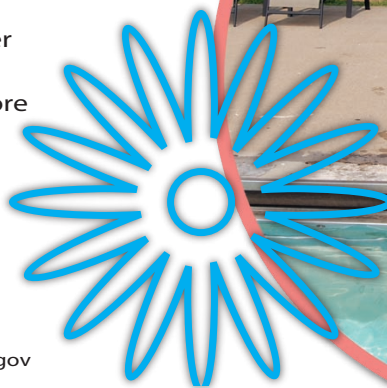
Pool

Fee: \$50.00

Contact: Nate

Williams

895-5040



Summer Kayak Club

Hey Teens! Summer's around the corner and it's time to find something to do in the great city of Murfreesboro. How about spending your time and energy on the waterways that are around us. Every week we will embark on a new adventure along the Stones River. Learn kayak paddle strokes, how to read the river, and water safety techniques while meeting new friends.

Registration begins March 1st and is filled on a first-come basis.

Age: 13 – 18

Days: Thursdays, June 3 – July 8

Time: 2 pm – 5 pm

Locations: will vary

Fee: \$100.00 for 6 adventures

Contact: Rachel Singer, 217 – 3017, or rsinger@murfreesborotn.gov



Heritage Camp (Week Two)

Campers will put themselves in the place of the early settlers of Tennessee, experiencing some of their crafts, chores, hearthstone cooking, and daily lives.

Ages: 11-14

Date: July 19-23

Time: 9 a.m. to 1 p.m.

Location: Cannonsburgh Village

312 S. Front St

Fee: \$40.00 + \$10.00 program fee

Contact: Cannonsburgh, 890-0355, or shodges@murfreesborotn.gov

Youth Tennis Camp

The camp is designed to teach the fundamentals of the sport of tennis (i.e. forehand swing) to boys and girls between the ages of 9 to 14. The camp will help each child to improve on his or her tennis skills under the instruction of a qualified tennis instructor.

Ages: 9-14

Date: July 19th - 23rd

Days: Monday – Friday

Time: 9:00 a.m. - 12:00 p.m.

Location: Old Fort Park Tennis Complex

Fee: The cost is \$40.00 for the week. Each participant will receive a 2010 Tennis Camp T - shirt. Tennis balls will be furnished.

Contact: Dennis Nipper, 890-5333

Cheerleading Camp

Interested in becoming a cheerleader? Have tryouts approaching? Then this is the program for you! Learn the basic fundamentals of motions, jumps, voice projection, crowd appeal, and stunt safety. Each person will receive a t-shirt for participating.

Ages: 6-12

Dates: July 12 through July 16, 2010

Days: Monday - Friday

Time: 9:00 a.m. - 12:00 p.m.

Location: Patterson Park Community Center Adult Gym

Fee: \$50.00

Contact: Becki Johnson, 893-2141, or bjohnson@murfreesborotn.gov

How to Register for Camp:

Registration Locations

Sports*Com

2310 Memorial Blvd.
Murfreesboro, TN 37129
615.895.5040

Main Office

697 Barfield Crescent Rd.
Murfreesboro, TN 37128
615.890.5333

Patterson Community Center

521 Mercury Blvd.
Murfreesboro, TN 37130
615.893.7439

Refund Policy

- A full refund will be given when patron cancels more than one week prior to the activity, event, facility rental, program, other rentals and/or services.
- A \$5.00 administrative fee or 5% charge of the total fee paid, whichever is greater, will be assessed to the patron when canceling or dropping out of the activity, event, facility rental, program, other rentals and/or services one week or less prior to the activity, event, etc.
- A prorated fee will be assessed to the patron once the program, class or activity has begun and patron cancels or drops out of said program, class or activity.



Patterson Park Pool Schedule

Activity	Monday & Wednesday	Tuesday & Thursday	Friday	Saturday	Sunday
*Lap Swim	6a.m.-12:45p.m. / 2-8:45p.m.	6a.m.-12:45p.m. / 2-8:45p.m.	6a.m.-12:45p.m. / 2-6:30p.m.	9a.m.-12p.m.	N/A
Anchored Down Aqua	8-9a.m.	8-9a.m.	8-9a.m.	N/A	N/A
Squeaks n' Creaks	9-10a.m.	9-10a.m.	9-10a.m.	N/A	N/A
New! H2O Cardio Class	5:30-6:30p.m. *	N/A	5:30-6:30p.m. *	N/A	N/A
Rec Pool Play & Open Swim	10a.m.-12:45p.m. / 2-7p.m.** / 7-8:45p.m.	10a.m.-12:45p.m. / 2-7p.m. / 7-8:45p.m.	10a.m.-12:45p.m. / 2-6:30p.m.	1-4:30p.m.	1-4:30p.m.
Pool Rentals	N/A	N/A	7-9p.m.	12-1p.m. / 5-7p.m.	5-7p.m.
Swim Preschool (see page 12)	4-7p.m.	N/A	N/A	9a.m.-12p.m.	N/A

*Lap lane availability will vary on the time of day. 6-8a.m. is dedicated to lap swim only. All other times, there are 2-3 lanes available at first-come, first-served.

**Rec Pool Play & Open Swim:

The water slide and water playground are open play. The lap lanes are reserved for lap swimming and individual water exercise. On Mondays & Wednesdays, 3:30-7p.m., the number of swimmers allowed during rec pool play may be limited due to swim lessons. It is advised to check the swim lesson schedule on page 12 for dates of possible early closings.

Anchored Down Aqua:

This class targets everyone with an action-packed workout for the abdominal and gluteal areas. Progressive water exercises are programmed to strengthen, define, and tone!

Squeaks n' Creaks:

An arthritis-based water exercise class offering an impact-free method of exercise for affected joints and muscle groups requiring that special touch. Cardio work is not omitted from this class. Perfect for the beginner or a back-to-fitness exerciser.

H2O Cardio Class:

It is a low impact, fast-paced class aimed to up your heart rate and burn those calories off. Don't be fooled though. After your cardio section there will be time to target the abs, tone your arms and lift that bottom with special moves that only the water allows.



Sports*Com Outdoor Pool Schedule

PLEASE CHECK OUR WEBSITE AT WWW.MURFREESBORO.TN.GOV/PARKS OR CALL FOR SCHEDULE 615-895-5040.



Shallow H2O Exercise:

A moderate-to-high cardio workout, abdominals and muscle conditioning in the shallow end of the indoor pool.

Gentle Joints:

A perfect class for those who require impact-free exercise while increasing strength and balance. Work through a full range of motion for flexibility benefits. Great for those with limitations such as arthritis, orthopedic problems, fibromyalgia, and for beginning exercisers. Takes place in the shallow end of the indoor pool.

Deep H2O Exercise:

Knowledge of swimming is not required. Using hip flotation belts, this great workout develops aerobic endurance and muscle conditioning. Perfect for those with impact limitations!

Toning:

This class is for participants who are seeking more strength and toning than offered in our other classes, focusing on a total-body strength workout on abs, upper and lower body! Stay after the 4:30-5:30pm class or come early for the 6:00-7:00pm class.



Swim Preschool

With the heat blazing and the pool looking so appetizing, water safety should be a top priority. Make sure your children are developing and continually improving their water skills. Enroll them in The Swim Preschool of Murfreesboro to ensure they have knowledge of the water that is sure to last a lifetime.

Ages: 6 months - 4 years
Dates: Please call for current openings
Days: Monday / Wednesday (afternoons) OR Saturday (mornings)
Location: Patterson Park Pool
Fee: \$60
Contact: Niki Witten – 615-893-7439 / nwitten@murfreesborotn.gov

****Registration is required****

Swim Academy

One of summer's favorite pastimes is swimming. Is your child prepared to enjoy long days at the pool? Enroll them in The Swim Academy of Murfreesboro today to ensure their trip to the pool this summer is a safe one. Adult Lessons are also available!

Ages: 5-12 & 18+
Dates: Please call for current openings
Days: Tuesday / Thursday (afternoons) OR Saturday (mornings)
Location: Sports*Com Indoor Pool
Fee: \$60
Contact: Nate Williams – 615-895-5040 / nwilliams@murfreesborotn.gov

****Registration is required****

Water Polo

Are you looking for a unique way to get an intense workout? Come play water polo on Tuesday nights! This is an activity designed for swimmers, who are comfortable in the deep end of the pool.

Ages: 13+
Dates: Ongoing
Day: Tuesdays
Time: 7:00 p.m. – 8:45 p.m.
Location: Sports*Com Indoor Pool
Fee: General Admission (\$3 Adults / \$2 Youth & Seniors)
Contact: Nate Williams – 615-895-5040 / nwilliams@murfreesborotn.gov

**Enroll In Swim
Preschool/Academy
today!**



Early Bird Swim – Sports*Com Outdoor Pool

There is nothing like a refreshing outdoor swim to get your day started! Take advantage of the opportunity to do just that this summer at the Sports*Com Outdoor Pool. The Olympic-size outdoor pool will be open for long course lap swimming Monday through Friday, 8 a.m. to 10 a.m., for those who want a great and invigorating morning workout.

Ages: All ages
Dates: June 7 – August 6, 2010
Days: Monday – Friday
Time: 8 a.m. – 10 a.m.
Location: Sports*Com Outdoor Pool
Fee: General Admission (\$3 Adults / \$2 Youth & Seniors)
Contact: Nate Williams – 615-895-5040 / nwilliams@murfreesborotn.gov

Kayaking

During the kayaking hour, kayakers can bring their kayak to practice basic kayaking techniques. Half of the shallow end of the Sports*Com outdoor pool will be reserved for kayakers only.

Ages: All Ages
Dates: June 7 – August 6, 2010
Days: Mondays / Wednesdays / Fridays
Time: 5:45 p.m. – 6:45 p.m.
Location: Sports*Com Outdoor Pool
Fee: Sports*Com Water Park Admission
Contact: Nate Williams – 615-895-5040 / nwilliams@murfreesborotn.gov

Morning Water Aerobics

If you're looking for a great way to get in shape this summer and a great way to have fun at the same time, then join us for a water exercise class. Whether you are a fit being, looking for a challenge or recovering from a surgery or suffering from arthritis, we have something for you. The 8 am class is an intense workout that will get your day started off right. While the 9am class will sooth your joints and inspire you to spend more of your mornings in the pool because of how good you will feel afterwards!

Ages: ALL
Days: Monday – Friday
Time: 8 a.m. & 9 a.m.
Location: Patterson Park Pool
Fee: \$4.00 or Premium Pass

Contact: Niki Witten – 615-893-7439, nwitten@murfreesborotn.gov



Evening H2O Cardio Class

This class is for the working people of Murfreesboro! It is ideal for those just getting off work and ready to work out the stress for the day. It is a low impact, fast paced class aimed to up your heart rate and burn those calories off. Don't be fooled though. After your cardio section, there will be time to target the abs, tone your arms and lift that bottom with special moves that only the water allows. It truly is a great way to get or stay in shape that is a bit out of the norm!

Ages: ALL
Days: Monday, Wednesday & Friday
Time: 5:30 p.m. – 6:30 p.m.
Location: Patterson Park Pool
Fee: \$4.00 or Premium Pass
Contact: Niki Witten – 615-893-7439, nwitten@murfreesborotn.gov

Murfreesboro Parks & Recreation Youth Football

If your child is ready for the challenge of tackle football, look no farther than the Murfreesboro Parks and Recreation Department City Football League. This City Football League is a non-travel, recreational league located at the McKnight Park Youth Football Complex. The league consists of all levels from beginners to advanced players. Games are played during the week, and we stress the fundamentals of the game.

Ages: 8-13 as of September 30, 2010 (Proof of age required)

Sign-ups:

Monday-Friday, June 28- July 23, 8a.m-8p.m. at Sports*Com
Monday-Friday, June 28- July 23, 8a.m-4p.m. at Barfield Main Office
Saturdays, 10a.m.-1p.m., at Sports*Com (July 3, July 10 & July 17)

Cost: \$70.00 per player

Contact: Gary Arbit: 895-5040 or garbit@murfreesborotn.gov
or website at: <http://www.allprosoftware.net/murfreesboroyouthfootball/>



Murfreesboro Youth Cheerleading Program

Interested in being a cheerleader?

Then this is the opportunity for you!

Learn the basic fundamentals of motions, jumps, voice projection, crowd appeal, and stunt safety. Emphasis will also be placed in developing good attitudes and teamwork. Each person will be assigned a squad and a football team to cheer for each week. We will begin practices Monday, August 10, 2010. The season will end with an exhibition in early November.

Ages: 8-13

Dates: Parent Meeting July 26, 2010

Uniform sizing on July 26 & 27, 2010

Starts August 10, 2010

Days: Mondays, Tuesdays, & occasionally one other day during the week

Location: Sports*Com and McKnight Fields

Fee: \$30.00 for program

\$82.00 for uniforms (due July 26 or 27 when uniforms are sized and ordered)

Contact: Becki Johnson @ 893-2141 or e-mail bjohnson@murfreesborotn.gov

Youth Intramural Basketball

Intramural basketball gives youth a structured league to participate in during the summer months. All skill levels are welcome. Everyone plays.

Ages: 8 - 17

Dates: Players meeting, Tuesday, June 3rd

Games will be played on Tuesdays

Time: 1:30 pm

Location: Sports*Com

Fee: \$2 per visit

Contact: Thomas Laird

- 615-867-4913

tlaird@murfreesborotn.gov



Adult Coed Softball

Program Meeting

For those interested in entering a team in the 2010 Adult Coed Church Softball League and/or Adult Coed Open Softball League. A team representative must attend this meeting.

Ages: 18 years old and up
 Time: 1:00 p.m.
 Day: Saturday
 Date: July 10, 2010
 Fee: \$350.00 per team
 Location: TBA
 Contact: Dennis Nipper at 615 – 890-5333 or dnipper@murfreesborotn.gov

Adult Men's and Women's Fall Softball Program Meeting

For those interested in entering a team in the 2010 Adult Men's Fall Softball League or 2010 Adult Women's Fall Softball League. This league is for both Church League and Open League teams. A team representative must attend this meeting.

Ages: 18 years old and up
 Time: 1:00 p.m.
 Day: Saturday
 Date: July 10, 2010
 Fee: \$350.00 per team
 Location: TBA
 Contact: Dennis Nipper at 615 – 890-5333 or dnipper@murfreesborotn.gov

Homeschool P.E.

Homeschool P.E. is for children from 1st – 9th grade to participate in physical education activities. Space is limited to 25 children per class, so please call 893-7439 in advance to reserve your spot. Children under the age of 8 must have a parent/legal guardian present at all times. Minimum of 4 children required to hold a class.

Ages: 1st – 9th grade
 Date: Tentative start date August 16
 Day: Monday, Tuesday, Wednesday and Thursday
 Time: 1 pm – 2 pm
 Location: Patterson Park Community Center
 Fee: \$3 per child or Premium Admission
 Contact: Mike Philpott @ 893-7439, ext. 18

Homeschool PE begins
 August 16th!

Why Homeschool P.E.?

"Physical education plays a critical role in educating the whole student. Research supports the importance of movement in educating both mind and body. Physical education contributes directly to development of physical competence and fitness. It also helps students to make informed choices and understand the value of leading a physically active lifestyle. The benefits of physical education can affect both academic learning and physical activity patterns of students. The healthy, physically active student is more likely to be academically motivated, alert, and successful."

**-National Association
 for Sport & Physical Education**





General Programs



A, B, C, 1, 2, 3... Let's Go

This program offers a variety of programs that appeal to toddlers and preschoolers. We will sing songs, have active and passive games, a story, a short lesson (letter or number), and do a craft! Hold on because this program moves fast (almost as fast as your toddler does)!

Ages: 2-5 years
Day(s): Every Tuesday and Thursday
Dates: June, July, and August
Time: 10:00-10:45a.m.
Location: Patterson Park Community Center
Fee: Free with premium pass or \$3.00
Contact: Trina Pullum, 893-7439 (Registration required)

Busy Bees

This great toddler class focuses on following directions, participating in a group environment, improving coordination and practicing good sportsmanship. Call ahead to reserve your spot!

Ages: 3-5 years
Days: Tuesdays & Thursdays
Time: 10:45-11:15a.m.
Location: PPCC Aerobics Room
Fee: \$3.00 or premium pass
Contact: Chad Hill, 893-7439

Tumbleweeds

Kids learn the basic techniques of tumbling along with improving their balance, coordination, and overall fitness level. You must call the morning of class to reserve your spot—space is limited.

Ages: 3-5
Days: Mondays & Wednesdays
Time: 10:30-11:15 a.m.
Location: Sports*Com Aerobic Room
Fee: \$3.00 or premium pass. Preregistration is required.
Contact: Allison Davidson, 895-5040

Book Worms

Preschool age children and their parents visit different stations for a yummy snack craft, an art craft, and a story/ cuddle time in the MHL Library. Each month will focus on a central theme.

Ages: 3-5 years
Day(s): 2nd Thursday of each month
Dates: June 10, July 8, and August 12
Time: 10:00-11:00a.m.
Location: Patterson Community Center-MGL Library
Fee: Free with premium pass or \$3.00
Contact: Trina Pullum, 893-7439



Sunday Series of FUN

Patriotic Jewelry

Ages: Families (including single parents and extended families)
 Date: June 13, 2010
 Day: Sunday
 Times: 2:00 – 4:00 pm
 Location: Old Fort Park Pavilion #3
 Fee: A bag of nonperishable food items per family
 Contact: Marlane Sewell, 893-2141; email: msewell@murfreesborotn.gov

Painting with brushes, sponges, & drip-drops

Ages: Families (including single parents, and extended families)
 Date: July 11, 2010;
 Day: Sunday
 Times: 2:00 – 4:00 pm
 Location: Old Fort Park Pavilion #3
 Fee: A bag of nonperishable food items per family
 Contact: Marlane Sewell, 893-2141; email: msewell@murfreesborotn.gov

Free Standing Sculpture

Ages: Families (including single parents and extended families)
 Date: August 8, 2010
 Day: Sunday
 Times: 2:00 – 4:00 pm
 Location: Old Fort Park Pavilion #3
 Fee: A bag of nonperishable food items per family
 Contact: Marlane Sewell, 893-2141; email: msewell@murfreesborotn.gov



Toddler Time with Thomas

Little kids love to play and that's what they do while learning to wait their turn, follow directions and work together to accomplish simple goals. The focus is on body part recognition, cognitive skill development and, of course, FUN.

Ages: 5 and Under
 Dates: Fridays
 Time: 10 a.m.
 Location: Sports*Com
 Fee: \$3 per visit
 Contact: Thomas Laird – 615-867-4913 / tlaird@murfreesborotn.gov



Table Talk

Kids don't miss this fast paced program instructed by Mike Davis. Group activities, sports, and games begin this event followed by a get-together of Table Talk and snacks.

Ages: 8-15 years
 Day(s): Monday nights
 Dates: Starting August 9, 2010
 Time: 4:00 p.m.
 Location: Patterson Park Community Center
 Fee: Free with premium pass or \$3.00
 Contact: Trina Pullum, 893-7439



General Programs

International Folk Fest & Car Show

Come enjoy performances from around the world. The day's events begin at 10 a.m. Music will start at 10:30 and a different foreign group, as well as the Cripple Creek Cloggers, will perform, in turn, every hour on the hour, with the last show beginning at 4 p.m. Shop from over 40 crafters and food vendors.

Ages: All Ages
Date: Saturday, June 19
Time: 10a.m. - 5p.m.
Location: Cannonsburgh Village
Fee: Free Admission
Contact: Cannonsburgh Village, 615/890/0355, or Shelia Hodges, shodges@murfreesborotn.gov

Uncle Dave Macon Days

Come and celebrate the 33rd Annual Old-time Music and Dance Festival in a historic pioneer village. Bring your lawn chair and enjoy old-time music, singing, dance, crafts and concessions.

Ages: All ages
Date: July 9-11, 2010
Day: Friday, Saturday, and Sunday
Time: 5:00 p.m. - 11:00 p.m. Friday
9:00 a.m. - 11:00 p.m. Saturday
12:00 p.m. - 4:00 p.m. Sunday
Location: Cannonsburgh Village
Fee: \$5.00
Contact: Gloria Christy, 615/893/2369, or www.uncledavemacondays.com

Third Friday Outdoor Concerts

Enjoy live music on the grounds of Cannonsburgh Village.

Ages: Any
Dates: Third Friday of each month beginning May 21st
Time: 7p.m.-9:30p.m.
Location: Cannonsburgh Village
Fee: Admission will be charged

Contact:
Cannonsburgh
Village,
615-890-0355

Antique Automobile Club

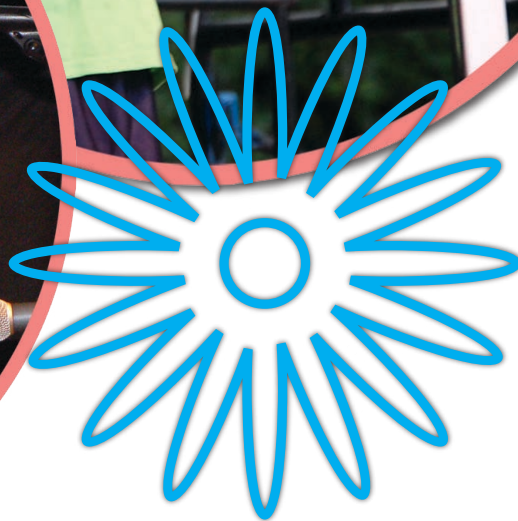
Auto restoration, history, tours, meetings and social activity centering around a passion for old cars.

Ages: Adults & Families
Date: Monthly Calendar of Events
Time: Scheduled Monthly
Location: Cannonsburgh Garage & on the road
Fee: \$15
Contact: Tom Murrah, 615/509-0108 /thndrrd@bellsouth.net

Murfreesboro Art League

All ages and levels of artistic proficiency are welcome!

Ages: All ages - Children must be accompanied by an adult
Day: Monday
Time: 7 p.m. - 9 p.m.
Location: Art League Gallery at Cannonsburgh
Contact: www.mral.net



MGL & Patterson Park Senior Fellowship

Enjoy informative speakers on topics of interest to seniors, activities, food and lots of fun. Hosted by Cornelia Cooper with the MGL Library and Trina Pullum.

Ages: Seniors
Day(s): The first Thursday of each month
Dates: June 3, July 1, August 5
Time: 12:00-1:30 pm
Location: MGL Library inside Patterson Park
Fee: Free
Contact: Trina Pullum, 615-893-7439

Community Bingo

Join other adults for a lively game of Bingo. Small prizes will be awarded along with a Grand Prize drawing at the conclusion of the game. Your Bingo admission will also allow you to visit the Game Room for a game of pool or walk the fitness track. What a value!

Ages: Adults and Seniors
Day(s): Third Wednesday of each month
Dates: June 16, July 21, and August 18
Time: 10:00-11:00a.m.
Location: PPCC Dining Room
Fee: \$2.00, includes admission
Contact: Trina Pullum, 893-7439



Easy Magic Batik

Design & paint a wall hanging without the melted wax. Registration begins the first working day each month at St. Clair Street Senior Center. Space is limited to 15 per class.

Age(s): 60+
Dates: June 21, 2010
Day: Monday
Times: 1:00 to 4:00 pm
Location: Hosted by St. Clair Street Senior Center; 325 St. Clair Street
Fee: None
Contact: Marlane Sewell, 615-893-2141, or msewell@murfreesborotn.gov

Bead Buddies & "Loomy Birds"

We are adding beading to our Wednesday repertoire. Bring your current needlework project, knitting loom, beads, wire, and/or jewelry tools for an enjoyable and productive afternoon.

Ages: 60+
Date: June 2 thru August 25, 2010
Day: Wednesdays
Time: 1:30 - 3:30 p.m.
Location: Hosted by St. Clair Street Senior Center; 325 St. Clair Street
Fee: None
Contact: Marlane Sewell, 893-2141, or msewell@murfreesborotn.gov

Magic Day

Seniors come and bring your children, grandchildren, and great-grandchildren to be wowed and amazed by our magician. Refreshments served at 1:00 p.m. for the 1:30 p.m. performance. Admission is free, but make your reservations early at 615-848-2550.

Ages: 60+ with their grandchildren and families
Date: June 17, 2010
Day: Thursday
Time: Show at 1:30 p.m.
Refreshments served at 1:00 p.m.
Location: St. Clair Street Senior Center, 325 St. Clair Street
Contact: Marlane Sewell, 615/893-2141; msewell@murfreesborotn.gov or Lisa Foster, 848-2550 ; lfoster@murfreesborotn.gov





General Programs

Cookout and Card Party

We cook, and you eat at our annual event. Admission is a salad, vegetable, dessert, or fruit for ten. Then it's card playing or your favorite: chicken foot, bunco, or a board game. Reservations can be made by calling the St. Clair Street Senior Center at 848-2550.

Ages: 60+
Date: June 19, 2010
Day: Saturday
Time: 5:30 to 9:30 p.m.
Location: Hosted by St. Clair Street Senior Center, 325 St. Clair Street
Contact: Marlane Sewell, 615/893-2141, msewell@murfreesborotn.gov

Beaded Wire Star Sculpture

We will make wire sculpture for use at home or in our gardens. Registration begins the first working day each month at St. Clair Street Senior Center. Space is limited to 15 per class.

Age(s): 60+
Dates: July 12, 2010
Day: Monday
Times: 1:00 to 4:00 pm
Location: Hosted by St. Clair Street Senior Center; 325 St. Clair Street
Fee: None
Contact: Marlane Sewell, 615-893-2141, msewell@murfreesborotn.gov

Luau

Dance to the music of the Chessmen. Refreshments begin at 6:30 pm and are provided by MPRD and St. Clair Street Senior Center. Also sponsored by the St. Clair Classics. Admission is \$5.00 per person at the door.

Ages: 60+
Date: July 24, 2010
Day: Saturday
Time: 6:30 pm refreshments; dance at 7:00 pm
Location: St. Clair Street Senior Center, 325 St. Clair Street
Fee: \$5.00 per person at the door
Contact: Yvonne Jones, 896-6050



St. Clair Classics

June "Beach Party" Dance

Enjoy an evening of dancing to the music of the Bill Sleeter Trio.

Admission is \$5.00 per person at the door. For more information, call Yvonne Jones at 896-6050.

Ages: 60+
Date: June 18, 2010
Day: Friday
Time: 7:00 to 10:00 p.m.
Location: St. Clair Street Senior Center, 325 St. Clair Street
Fee: \$5.00 at the door
Contact: Yvonne Jones, 896-6050.





Canasta Tournament

It's our second annual fall canasta tournament with refreshments and prizes. Cosponsored by MPRD and St. Clair Street Senior Center. New and experienced players welcome. Registration requested; call 848-2550.

Ages: 60+
 Dates: August 12, 2010
 Days: Thursday
 Time: 1:00 to 4:00 pm
 Location: St. Clair Street Senior Center, 325 St. Clair Street
 Fee: None
 Contact: Marlane Sewell, 615-893-2141; msewell@murfreesborotn.gov

St. Clair Classics

August Dance

Enjoy an evening of dancing to the music of the Bill Sleeter Trio. Admission is \$5.00 per person at the door. For more information call Yvonne Jones, 896-6050.

Ages: 60+
 Date: August 20, 2010
 Day: Friday
 Time: 7:00 to 10:00 p.m.
 Location: St. Clair Street Senior Center, 325 St. Clair Street
 Fee: \$5.00 at the door
 Contact: Yvonne Jones, 896-6050.

Bridge Tournament

It's our annual fall tournament with refreshments and prizes provided by MPRD. New and experienced players welcome. Registration requested; call 848-2550.

Ages: 60+
 Dates: August 5, 2010
 Days: Thursday
 Time: 1:00 to 4:00 pm
 Location: Hosted by St. Clair Street Senior Center, 325 St. Clair Street
 Fee: None
 Contact: Marlane Sewell, 615-893-2141; msewell@murfreesborotn.gov

Gallery Glass

It's not stained glass, but it looks an awfully lot like it. Bring a design to use or choose one from ours. Registration begins the first working day each month at St. Clair Street Senior Center. Space is limited to 15 per class.

Age(s): 60+
 Dates: August 9, 2010
 Day: Mondays
 Times: 1:00 to 4:00 pm
 Location: Hosted by St. Clair Street Senior Center; 325 St. Clair Street
 Fee: None
 Contact: Marlane Sewell, 615-893-2141 or msewell@murfreesborotn.gov



St. Clair Street Senior Center offers a variety of services, programs, and activities for individuals age 60 and over. The Center is open weekdays 8 a.m. to 4:30 p.m. and Saturdays 12:30 to 3:30 p.m. and special occasions. Phone: 848-2550

The Small Fry Tri – A Triathlon for Preschoolers

Murfreesboro's Smallest Triathlon! Kids will run, bike, and swim (really run through sprinklers) to the finish line, where everyone receives a trophy. Parents, older siblings, or personal trainers may help. Bring a bicycle or tricycle and a helmet. Preregistration is highly recommended. Preregister at the Wilderness Station between Tuesday, June 1st, and Friday, June 11th. Purchase your event packet with everything you need for the day!

Ages: 2-6
Date: Saturday, June 12
Time: 10:00 a.m. – 11:00 a.m.
(Races will be held about every 10 minutes.)
Come early if you register the day of the event.
Location: Old Fort Park Trailhead
Fee: \$6 (includes trophy)
Contact: Angela Jackson, 893-2141, or ajackson@murfreesborotn.gov

Boat Day with SRWA

Volunteers from Stones River Watershed Association will bring several types of canoes and kayaks for you to try! You will discover characteristics and advantages of each craft, boating basics, correct paddling strokes, and boat safety from knowledgeable volunteers. PFDs and paddles will be provided.

Age: All
Date: Saturday, June 26th, 2010
Time: 9 a.m. – 12 noon
Location: Manson Pike Trailhead, 1208 Searcy Street (off Medical Center Parkway)
Fee: Free
Contact: Angela Jackson, 893-2141, or ajackson@murfreesborotn.gov

Bicycle Tours of the Stones River National Battlefield

Stones River National Battlefield will present ranger-guided bicycle tours of the battlefield. Get healthy, reduce your carbon footprint, and learn about the major Civil War battle that occurred here in late 1862 and early 1863. The tour will take visitors through the battlefield using the tour road and the Stones River Greenway, and will cover five to six miles. At several points during the ride, the ranger will stop to discuss the actions that affected the outcome of the Battle of Stones River. Some of the stories included are the fighting in the Slaughter Pen, the desperate stand of the Union army along the Nashville Pike, and the terrible climax to the battle on the banks of the Stones River.

Ages: All
Date: Saturdays from April through October
Time: 8:45 a.m. – 10:00 a.m.
Location: Stones River National Battlefield
Fee: Free
Bring: Bike, helmet (helmets required for ages 16 and under)
Contact: Registration Required.
Call Stones River National Battlefield at 893-9501.



Call for Artists! Greenway Art Festival

"A gathering of the finest
artists in Middle Tennessee."

Each year the Greenway Art Festival expands to include new and unique talent! Artists will display and sell their work: oils, acrylics, watercolors, pottery, sculpture, glass and more. Trailside music, food vendors and activities for children will make this an artistic outing for the whole family.

If you are interested in participating in this event as an artist, please contact us for an application. This is a juried festival. Applications may be submitted until August 14, 2010; late applications may be accepted through September 3, 2010, with a \$5 late fee.

Date: Saturday, September 18, 2010
Time: 10:00 am – 4:00 pm
Location: Old Fort Park
Fee: \$25 booth space for artists
Free attendance for public
Contact: Angela Jackson at (615) 893-2141 or ajackson@murfreesborotn.gov



Service Learning Projects

Service learning programs with Murfreesboro Parks and Recreation offer exciting opportunities for hands-on learning and environmental stewardship! Through these programs students and community service groups will learn about local ecosystems and complete a service project.

Invasive Plants (grades 3 – 12)

Learning Component: Meet some of our local invasive plant species and learn how and where they live, and some reasons to control them.

Service Component: Help to identify and control some invasive plants along the greenway and in the wetlands.

Water Quality in Lytle Creek (grades 4 – 12)

Learning Component: Test water quality at Lytle Creek and the Stones River.

Service Component: Students will help plant, weed or mulch areas near the creek in the riparian zone.

The Problem with Pollution (grades 3 - 12)

Learning Component: Learn about the sources of pollution and how it affects the ecosystem.

Service Component: Students will pick up trash along the greenway or in the wetlands.

Call for more information, schedule availability, and locations. Contact Angela Jackson at 893-2141 or ajackson@murfreesborotn.gov



Meet Elvis!

Animal Encounters

What is that crawling, slithering, sliding, flying, and hopping across the trail or even in your backyard? Each week we will look at one of our resident education animals for a mini lesson of animals that call Tennessee home. Come out and meet the best teachers we have – the animals!

Ages: All
Day: Saturdays
Time: 1:30 – 2 p.m.
Location: Wilderness Station
Fee: Free
Contact: Wilderness Station, 217-3017

Creatures of the Night – Summer Night Hikes

Summer nights are great for spotting owls and bats, listening to a chorus of frogs and insects, and finding fascinating critters that become active at night. Join us throughout the summer to discover the forest under the night sky.

Ages: All
Day: Tuesdays
Dates: June 15 and 29
July 6, 20, and 27
August 10 and 24
Time: 7:30 p.m.
Location: Wilderness Station
Fee: Free
Contact: Wilderness Station, 217-3017 – Reservation Required





Outdoor Programs

Under the Stars – Slideshow Presentation

Join us for this series “under the stars” as we learn about different animals that we share this great state with.

Birds and Their Habitats Under the Stars

Date: Friday, August 6

Mammals of Tennessee Under the Stars

Date: Friday, August 20

Ages: All

Time: 8 p.m.

Location: Outdoor Classroom at the Wilderness Station

Fee: Free

Contact: Wilderness Station, 217 – 3017 – Reservation Required

Wild Things

Frogs, birds, and bugs...oh my! Salamanders, snakes, and squirrels that fly! Toddlers learn to play and sing, and take home crafts with nature themes. Adventures made one-size fits all...so tots and parents can have a ball!

Ages: 1 – 4 years with adult

Day: Wednesdays

Times: 9:30 a.m.

(Call on the Tuesday before for reservations.)

** No Wild Things on June 9 and 23, July 14 **

Location: Wilderness Station

Fee: \$3.00

Contact: Wilderness Station, 217 – 3017. Reservation required.

Growing Up Wild

You asked for it and here it is...Has your toddler “graduated” from Wild Things and is looking for the next step? Growing Up Wild is an internationally used program developed by Project Wild that helps explore nature with young children to foster an interest and appreciation of wildlife and the natural world around them. Come join us for a Wild Time!

Ages: 3 – 6 years with adult

Day: Wednesdays

Time: 10:30 a.m. (Call on the Tuesday before for reservations.)

No Growing Up Wild on June 9 and 23, July 14

Location: Wilderness Station

Fee: \$3.00

Contact: Wilderness Station, 217 – 3017. Reservation required.

Check Out Our Weekly Programs Too!

Each week we offer a variety of seasonal programs that are fun for the whole family.

Join us this summer for:

- Turtle Searches
- River Hikes
- Nature Crafts
- Animal Scavenger Hunts
- Frog Calls
- And lots more

Check out our “Otter Chatter Newsletter” for specific dates and times or on the website at www.murfreesborotn.gov/parks Wilderness Station

We'll see you OUT in the WOODS!



GLOBE: Water Monitoring

Global Learning and Observations to Benefit the Environment (GLOBE) is a hands-on international environmental science and education program. GLOBE links students, teachers, citizens, and the scientific community in an effort to learn more about our environment through citizen data collection and observation. Join our trained staff as we monitor the Stones River throughout the year and help contribute to this international data base.

Ages: 6 and up
 Date: Friday, June 18, 2010
 Time: 1 p.m. – 2 p.m.
 Location: Lytle Creek on the Greenway – meet at the Overall Street Trailhead in Old Fort Park
 Date: Saturday, June 19, 2010
 Time: 9 a.m. – 11 a.m.
 Location: West Fork of the Stones River at Barfield Crescent Park – meet at the Wilderness Station (1 mile hike each way is included)
 Fee: Free
 Contact: Rachel Singer, 217 – 3017, or rsinger@murfreesborotn.gov

Summer Kayak Club

Hey Teens! Summer's around the corner and it's time to find something to do in the great city of Murfreesboro. How about spending your time and energy on the waterways that are around us. Every week we will embark on a new adventure along the Stones River. Learn kayak paddle strokes, how to read the river, and water safety techniques while meeting new friends. Registration begins May 1st and is filled on a first-come basis.

Age: 13 – 18
 Days: Thursdays, June 3 – July 8
 Time: 2 p.m. – 5 p.m.
 Locations: Will vary
 Fee: \$100.00 for 6 adventures
 Contact: Wilderness Station, 217-3017, or rsinger@murfreesborotn.gov

Teachers,

Homeschoolers, & Scouts:

Field Trips and Field Study opportunities for your group. We have added several new programs to share with your group. We can now accommodate large classes or small rotational groups. All programs are correlated with state standards or can be adjusted to satisfy badge requirements. Contact Rachel Singer for a complete list of programs and locations at 217-3017 or rsinger@murfreesborotn.gov. You may also check out our website at www.murfreesborotn.gov/parks under Greenway & Wetlands or Wilderness Station.

Homeschool in the Wilderness

Supplement your home schooler's science curriculum with this in-depth, 8-month program. We will explore a new topic each month through hands-on experiments, live observations, interpretive hikes and group discoveries. Registration begins September 1, 2010. Limited spaces will be available, so register early!

Ages: 8 – 10 years
 Dates: September 30, 2010 – May 2011
 Days: Last Thursday of the month
 Time: 9:00 a.m. – 12:00 noon
 Location: Wilderness Station
 Fee: \$40.00 for 8-month program
 Contact: Registration is required. For questions or to register call Rachel Singer at 217 – 3017 or rsinger@murfreesborotn.gov.

Wandering Waters

Join us in this series as we look at our waterways that "wander" through Murfreesboro. Get a better understanding of where our water comes from and the importance of a good, clean source. Be prepared to get wet, as we will look at the Stones River, its tributaries, and the wetlands that surround our watershed.

We will find new ways to discover the plants, animals, and qualities that make up this vital resource. Space is limited, so register early.

Ages: 10 – 15 years
 Dates: Thursdays, September 2 – 23, 2010
 Time: 1 p.m. – 3 p.m.
 Location: Will vary (all within Murfreesboro)
 Fee: \$20 for all 4 classes
 Contact: Rachel Singer at 217 – 3017 or rsinger@murfreesborotn.gov
 Registration is required by August 20, 2010.



Grab Your Paddles!

The Anthro "Pod" Squad (Bug Club)

Who's buggin' who? Come find out! Program geared for ages eight and up, but the whole family can come out and play! The main event ...BUG HUNT! Bring your own identification book or use one of ours. Great photo opts too.

Ages: Entire Family
 Date: June 12- Garden "beneficials."
 Good bugs vs. Bad bugs!
 July 10 - Enemy of the Hummingbird...
 dragonfly or preying mantis?
 August 14- Fun facts and behaviors
 found in the insect world.
 Day: Saturday
 Time: 2:00 p.m.
 Fee: FREE
 Location: Shelter #9 near the
 Wilderness Station's
 Caterpillar Garden
 Contact: Deborah Paschall, 893-2141
 dpaschall@murfreesborotn.gov

Butterflies of Murfreesboro

Name that butterfly! Discover the fun of becoming butterfly savvy. Is it a male or a female? Is it a tiger or a zebra? A skipper or a moth? Why do butterflies need specific plants? Host or nectar plant? Join the fun! Program geared for ages eight and up, but bring the whole family. Don't forget the camera. Main event...Egg and Caterpillar Hunts.

Ages: Entire family
 Date: June 26- Identification 101 - Name that Butterfly.
 July 17- Match Game- Which caterpillar became which adult?
 August 7- See Special Event- Butterfly Day Celebration.
 Day: Saturday
 Time: 2:00 p.m. on June 26 & July 17
 10:00 a.m. - 12:00 noon on August 7
 Fee: FREE
 Location: Wilderness Station
 Contact: Deborah Paschall, 893-2141, or e-mail
 dpaschall@murfreesborotn.gov

Butterfly Day

NEW.... Fun for the Entire Family! Don't forget your camera!!!
 Featuring: Pollination Celebration - Beekeepers Association
 Live Butterfly Exhibits- Murfreesboro Parks & Recreation
 Bee Hive Demonstration - Planting for Pollinators
 - Why it is important!

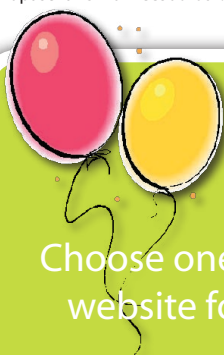
All About Butterflies and the Native Plants They Need to Survive! Compare different species of Butterfly Eggs under the Microscopes.

See Numerous Species of Caterpillars & their Host Plants...up close! Marvel at the various shapes, sizes, and colors of the chrysalises. Hold a live Butterfly in your Hand inside the Live Butterfly Tent! Visit displays explaining behaviors, habitat needs, and more! Go on a "Caterpillar Hunt" when you visit Caterpillar Garden. Interpretive signage allows for self-guided hunts in the garden. Meet the Pollinators and learn more about the Native Plants They Need! Rutherford County Beekeepers Association- Club Information.

Identify the different species of Bees. Visit Bee Pollination and Native Plant Exhibits. See a Demonstration Hive - Equipment Used and much more!

Watch for more information about pollinations and the value of pollinators in our community!

Ages: All
 Day: Saturday
 Date: August 7, 2010
 Time: 10 a.m. - Noon ***NEW TIME!
 Location: Wilderness Station - Caterpillar Garden Area at Barfield Crescent Park
 Contact: Deborah Paschall, 615-893-2141, or e-mail dpaschall@murfreesborotn.gov



Have your child's next birthday party at the Wilderness Station!

Choose one of our exciting nature themed programs led by a park naturalist. Visit our website for full descriptions, pricing, and scheduling at www.murfreesborotn.gov/parks under Wilderness Station or call 217-3017.



Arts in the Park

This program is a hands-on arts and crafts activity for all ages. Parents may wish to assist young children as we might be using scissors, paints, glues and other crafts materials.

Ages: All
 Date: June 6 – Cason Lane Trailhead
 July 18 – Siegel Park
 August 8 – Barfield Crescent Park
 Day: Sunday
 Time: 2:00 – 4:00 p.m.
 Fee: FREE
 Contact: Terry Ann Womack
 615-893-7439/ twomack@murfreesborotn.gov

Theatre Camp Film Making

If you are interested in making movies, short films, and videos, this is the camp for you! We will have several guests throughout the camp who have careers in the film business. They will work with us to teach you about writing, directing, tech support, production, filming, and editing. Participants will be divided into two different groups and will learn the different positions in making a film: director, camera operator, grip, prop master, script supervisor, and sound tech. We will have a show for friends and family on the final day of camp.

Ages: 10-17
 Date: July 5 - 16, 2010
 Day: Monday – Friday
 Time: 9:00 a.m. - 2:00 p.m.
 Fee: \$150.00 (\$110.00 for Sunshine Players)
 Contact: Terry Ann Womack - 615-893-7439,
 twomack@murfreesborotn.gov

Murfreesboro Parks and Recreation Department's Sunshine Players

Sunshine Players is a teaching theatre, celebrating over 20 years for children and youth ages 4-17. They produce six plays per season. The Sunshine Players is a membership group with a once-a-fiscal-year fee of \$30.00. This fee helps offset the costs of producing theatre- sets, props, costumes, space, staff, and marketing. It also allows the members to receive free acting lessons, a season t-shirt, and discount tickets to shows they are not participating in. Sunshine Player juniors are ages 4-10 and have at least two shows geared towards their age group. Sunshine Player seniors are ages 11-17 and are eligible to audition for five productions. For more information, please email Terry Womack at twomack@murfreesborotn.gov.

Did You Know
 The Theatre at Patterson
 Park is available for rentals?

Visit www.murfreesborotn.gov/parks
 for more information!

Martial Arts Schedule

Academy of Tang Soo Do

Traditional, self-defense, exercise control... Taught by Master Instructors Butch Voss & Mike Voss – 4th Degree Black Belts and Roger Smith-3rd Degree Black Belt

Ages: 5 years and up

Location: Sports Com

Days & Times:

Monday 5:30-6:30pm

Wednesday 5:30-6:30pm

Friday 6:00-7:00pm

Fee: Call for information (First Week of Classes Free)

Contact: 615-830-5202

Dance!

Get the dance school experience at a fraction of the cost!

Students will learn the essentials of ballet, jazz and hip-hop in a disciplined classroom environment. Age-appropriate music, costumes and choreography will be selected. The students will showcase their hard work and talent at a recital in the Theatre at Patterson Park in May 2011. Monthly tuition includes classes, T-shirt, costume and recital fees! Proper dance attire and shoes are recommended. Classes begin September 8, 2010. Space is limited. Registration begins August 9, 2010.

Ages: 3-12

Dates: September 2010 through May 2011

Days: Wednesday or Thursday

Time: 11:30 am-12:15 pm Thursday (ages 3-5)

3:45-4:30 pm Wednesday (ages 5-7)

4:30-5:15 pm Wednesday (ages 8-12)

Location: PPCC Exercise Studio

Fee: \$25.00 per month. Registration begins August 9, 2010.

Contact: Jane Ogg at 893-7439, ext. 23, jogg@murfreesborotn.gov

MJ's Detroit Hustle

Soul Line Dance

Dancing is an excellent way to lose weight, lower your blood pressure and cholesterol. You can laugh and meet new friends. New dances taught each month. Never danced before? No problem. Walk-ins are welcomed. No dancer left behind.

On-site instructors.

Days & times:

Mondays- 10:30 am – 11:30 am; 7:30 pm – 8:30 pm

Wednesdays- 10:30 am – 12:30 pm

Fridays- 6:00 pm – 8:00 pm

Location: PPCC Exercise Studio

Ages: All Ages

Fee: \$20 monthly /\$5 drop in

Contact: MJ Hollins, 713-8143, or digitalmj@bellsouth.net



Tai Chi

Tai Chi is an ancient Chinese discipline consisting of slow movements and postures done in a fluid and relaxed manner. It is used to reduce stress, increase flexibility, improve muscle strength, increase stamina and agility and increase the feeling of well-being.

Ages: 15 and up

Days: Thursdays, Fridays or Saturdays

Time: Thursday, 6:00-7:15 pm, Friday, 7:00-8:00 am, Saturday, 12:30-1:30 pm

Location: Friday and Saturday: Patterson Park Exercise Studio

Thursday: Sports*Com Meeting Room

Fee: Contact Bret Hawkins for specifics

Contact: Bret Hawkins @ 895-4932 or brethawkins@juno.com

Half Marathon Training for Beginners

..... adds a fourth day of running!!!

Whether you're new to running or ready to try a half marathon, we've got the perfect plan for you! This is a 7-month total-body-fitness program! We'll provide the motivation to meet your fitness goals!

>Our first goal will span 13 weeks (April 12th – July 10th). The program will target beginning runners with the end result – finishing a 5K!

>Our 3-day workout schedule will consist of covering 3 miles in 45 minutes (running, jogging or walking are all acceptable). We will focus on the beginning runner, but all levels are welcome.

>During the next 13 weeks of the program (July 12th – October 15th), we will advance our training for the Murfreesboro Middle Half Marathon, which will be held on October 16, 2010, by adding strength training and a fourth day of running.

>Lastly, we will discuss cross training, the importance of "off" days and how to personalize your workout regiment.

>To get started, please stop by Sports*Com and complete a registration form.

***Ability to walk 30 minutes continuously**

Age: Adult
Date: Starts Monday, July 12, 2010
Day: Monday, Wednesday, Friday and Saturday
Time: 6:15am - 7:00am
Location: Meet in the Sports*Com lobby
Saturday we will meet at the Greenway
Fee: FREE
Contact: Registration is required. Please call Jennifer Joines – 615-895-5040
or e-mail jjjoines@murfreesborotn.gov.



Cruise the Sports*Com Weight Room

Would you like to take a month-long vacation??

Visit Sports*Com, and enjoy a little relaxation!!!

On July 1st, we will transform the weight room into a cruise ship. You can stroll on the open-air deck (we call it the track) or take advantage of the rowing machine – when the ship goes down, you'll be ready! Or imagine yourself on an excursion at all the different ports of call (walking on the tropical treadmill or using the exotic elliptical).

As a souvenir of the wonderful month you spent cruising the Sports Com Weight Room, we will award members who exercise/ cruise 5 days each week from Monday, July 5th through Saturday, July 31st, with an authentic "Cruise the Sports*Com" towel! This way you'll always remember your wonderful month-long cruise at Sports*Com!

We know this will be difficult, so we want to give you some help. If you bring in one can of nonperishable food, we will give you a sticker. This sticker will replace one of your workouts. Be careful, since each person only gets one free workout sticker!

Don't miss out on this wonderful opportunity. We'd love to have

you Cruise Sports*Com Weight Room!

Age: Adult (16+) – all fitness levels welcome
Date: Monday, July 5th – Saturday, July 31st
5 days each week

Location: Sports Com Weight Room and Track
Fee: General pass or \$3.00

Contact: Please call Jennifer Joines – 615-895-5040 or e-mail
jjjoines@murfreesborotn.gov

Registration: Begins Monday, June 21st, and ends Monday, July 5th
Please register at the Sports Com Weight Room sign-in desk





PATTERSON GROUP EXERCISE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cardio Blast 8:30 - 9:30a.m.	Yoga 8:30 - 9:30a.m.	Cardio Blast 8:30 - 9:30a.m.	Pilates 8:30 - 9:30a.m.	Body Sculpt 8:30 - 9:30a.m.	
Senior Sensations 9:30 - 10:30a.m.	Zumba 9:30 - 10:30a.m.	Senior Sensations 9:30 - 10:30a.m.	Zumba 9:30 - 10:30a.m.	Senior Sensations 9:30 - 10:30a.m.	Saturday Surprise 9:00 - 10:00a.m.
	Zumba 4:30 - 5:30p.m.		Step-n-Sculpt 4:30 - 5:30p.m.	Zumba 4:30 - 6:00p.m.	
Step-n-Sculpt 5:30 - 6:30p.m.	Step-n-Sculpt 5:30 - 6:30p.m.	Body Sculpt 5:30 - 6:30p.m.	Cardio Blast 5:30 - 6:30p.m.		
Yoga 6:30 - 7:30p.m.	Step-n-Sculpt 6:30 - 7:30p.m.	Yoga 6:30 - 7:30p.m.	Zumba 6:30 - 7:30p.m.		

Body Sculpt

Weight and resistance training for anyone. Tone and tighten from your head to your toes using bands, physioballs and weights.

Cardio Blast

Incorporates boot-camp moves, step, and weight training to maximize your caloric output, fat burning and total body toning.

Pilates

Lengthen, strengthen and tone your way to a better body. Pilates concentrates on stabilization, alignment and core strength. Significant abdominal and lower back work.

Saturday Surprise

This class will vary each week depending on instructor and participant input. Get the workout you want!

Senior Sensations

Especially designed for sensational men and women over 50. This class will improve your cardiovascular capacity, as well as your flexibility.

Step-N-Sculpt

Have fun while giving your heart a great workout and then sculpt key muscle groups using free weights. Abdominal work is also included in this full-body workout.

Yoga

For beginning and intermediate levels. The class focuses on improving your balance and flexibility, while at the same time reducing stress. A great way to wind down.

Zumba

A dynamic and exciting dance-based fitness program for everyone! Fuses Latin rhythms with international music themes and combines the principles of interval training and resistance.



SPORTS*COM GROUP EXERCISE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	X-Press 6:15-6:45a.m.		X-Press 6:15-6:45a.m.			
	Tai Chi 7:00-7:45a.m.		Tai Chi 7:00-7:45a.m.			
Yoga 8:00 - 9:00a.m.	Core Energy 8:00 - 9:00a.m.	B-B-C 8:00 - 9:00a.m.	Core Energy 8:00 - 9:00a.m.	B-B-C 8:00 - 9:00a.m.	Step/Tone 8:30 - 9:30a.m.	
Retro Fit 9:15-10:00a.m.	Total Body 9:15-10:15a.m.	Retro Fit 9:15-10:00a.m.	Total Body 9:15-10:15a.m.	Retro Fit 9:15-10:00a.m.		
Step/Tone 5:00 - 6:00p.m.	Total Body 5:00 - 6:00p.m.	Zumba 5:00 - 6:00p.m.	Total Body 5:00 - 6:00p.m.	Step 5:30 - 6:30p.m.		
Step/Tone 6:00 - 7:00p.m.	Yoga 6:00 - 7:00p.m.	Step/Tone 6:00 - 7:00p.m.	Yoga 6:00 - 7:00p.m.			
	Zumba 7:15-8:15p.m.					

Brick-Body-Circuit (B-B-C)

An intense cardio and weight training class! Burn calories, build muscle and have FUN using interval circuits. Consists of high, moderate and low impact movements with weight training.

Core Energy

This class concentrates on stabilization, alignment and core strength. Consists of standing moves and floor work with significant abdominal and lower back work.

Total Body

This is a nonstop workout that uses dumbbells, body bars, balls, steps and even your own body weight to help you develop the lean muscle tissue you need for a toned physique.

Retro-Fit

This is a weight-lifting class a notch or two easier than our regular Total Body classes. Perfect for beginners and older clientele; consists of basic moves focusing on strength and flexibility.

Step & Step/Tone

This class consists of basic and not-so-basic moves using a traditional aerobic step. Designed for most fitness levels, it consists of moderate to high impact cardiovascular movements and may include additional toning and abdominal exercises.

Yoga

This class focuses on improving balance and flexibility as well as assisting in reducing stress. For beginning and intermediate levels.

Tai Chi

Based on an ancient Chinese discipline, this class consists of slow movements, gentle postures and relaxed minds and bodies. Perfect for all ages and levels. Consists of standing and moving postures.

X-Press

30 minutes of straight weight-lifting joy. A perfect quickie workout or complement to your regular routine (or our running club).